



## Bringing up Carrie

For someone who plays a style icon on the new SATC prequel *The Carrie Diaries*, AnnaSophia Robb is surprisingly laid-back about her own look PAGE 11

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Lindsay Hall, 34, of London, a teacher at Clarke Road Secondary School, rallies with fellow protesters on Wednesday near MPP Deb Matthews' Piccadilly Street office. Secondary school teachers from across the province took part in the demonstration. ANGELA MULLINS/METRO

# They're not gonna take it

**Provincewide protest.** Public-school teachers picket MPP offices over Bill 115



**ANGELA MULLINS**  
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London-area high school teachers got a little help from some rock classics on Wednesday as they spelled out their frustration with Queen's Park.

We're Not Gonna Take It, Bad Moon Rising and Thunderstruck were among the songs blaring from stereos as teachers pro-

### Extracurriculars at stake

- On Monday, the Thames Valley District School Board will make a formal announcement about the future of winter sports. It's expected the season will be cancelled after a plan to recruit volunteer coaches sparked little interest.

tested outside the constituency offices of MPPs Chris Bentley and Deb Matthews.

And they certainly had a little help from their friends, with members of several unions by their side. Bill 115, which imposed

contracts on teachers, is as bad as it gets on the labour front, said Patti Dalton, president of the London and District Labour Council.

"This is an all-out attack on unions," she said. "These attacks are currently the worst that most of us have seen in our lifetime."

Stewart Wise, 54, of London, a member of CAW Local 27, agreed.

"What happened here could be coming down the chute (for others)," Wise said. "It's a very dangerous precedent for all unions."

A larger labour rally is planned for Jan. 26 in Toronto as the provincial Liberal party elects a new leader.

### Teacher dispute: A look back

- Sept. 11, 2012:** Dalton McGuinty's Liberal government passes Bill 115, giving public teachers' unions until Dec. 31 to reach contract agreements with local school boards or face legislated contracts.
- Nov. 18:** The Thames Valley school board reaches a tentative agreement with secondary teachers.
- Dec. 5:** Secondary teachers reject the tentative contract and start work-to-rule action. Elementary teachers also start working to rule around this time.
- Dec. 6:** The Thames Valley district announces high school sports are on hold because of the job action.
- Dec. 10:** Area high school students walk out of classes to show support for teachers. Elementary school teachers start rotating

one-day strikes across the province.

- Dec. 20:** Thames Valley elementary teachers take their turn on the picket line, cancelling classes for the day.

- Jan. 3, 2013:** Education Minister Laurel Broten announces that the Liberal government will enforce Bill 115, mandating two-year contracts that freeze wages and ban strikes.

- Jan. 11:** The Ontario Labour Relations Board rules that a teacher strike planned for the same day would be illegal. The union calls it off. Secondary teachers announce they won't have a planned "political protest," which would have cancelled classes, on Jan. 16.

- Jan. 16:** Teachers across the province have an after-school protest outside MPP offices.



**Dalton McGuinty** FRANK GUNN/THE CANADIAN PRESS

# Tempers flare at Western

**Student council proposal.** Moving student newspaper office could spark bigger change, editor says



**ANGELA MULLINS**  
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Western's student-run newspaper could be on the verge of breaking ties with the university.

Gloria Dickie, The Gazette's editor-in-chief, said the paper may become an independent if the University Students' Council goes ahead with plans to move its office, turning the space into a multi-faith prayer and programming room.

The Gazette, whose purse strings are controlled by the student council, has been in its 1,900-square-foot office at the University Community Centre (UCC) since 1973, Dickie said.

A student council pro-

posal — part of 2013 budget talks — would move the paper's headquarters to a UCC space about 800 square feet smaller, Dickie said.

"I just don't think we're going to fit," she said.

Council president Adam Fearnall said student leaders have been looking for ways to improve the multi-faith room since fall.

The room — opened about two years ago after a multimillion-dollar renovation at the UCC — isn't in an ideal location, he said.

The changes would allow for more privacy and include a renovation that separates areas for prayer and programming.

Nothing will be final until the budget is approved in March.

Discussions are far from over and the paper has been presented with a variety of options for relocating, Fearnall said. The council was negotiating with The Gazette when the paper made the talks public this week.

"It's our job to make sure that we use the space we have to serve (students') needs the best we can," Fearnall said. "We haven't had a chance to fully engage with the multi-faith community.

"We're willing to look at a number of options."

## Editorial staff

# 24

Number of full-time editorial staff at The Gazette.

## South London. Public meeting planned for proposed methadone clinic

People living in South London will want to mark Feb. 19 on their calendars.

That's when city council has scheduled a public-participation meeting at Centennial Hall at 7 p.m. to discuss a plan to set up a new methadone clinic at 527 Wellington Rd. South, near Commissioners.

The applicant for the new clinic held a public meeting last October and many residents who attended were opposed to the possible location.

Coun. Harold Usher says he has a few concerns about the proposed location of the new clinic.

"This clinic is being built so close to a townhouse centre on Waterman. And this is not to say we don't want to accept methadone clinics



**Harold Usher** CONTRIBUTED

in my backyard, but it's so close to 135 units, and all of these units have kids," Usher said. "It's not that it's down the street or around the corner or something, it's just the fence separating them."



## En route to World Winter Games

Speedskater Stephanie Cook, 19, of London, shows off some of her medals Wednesday at Glen Cairn Arena. Cook will fly out of the Forest City on Jan. 23 en route to Pyeongchang, South Korea, where she'll compete with Team Canada in the Special Olympics World Winter Games. She earned her spot on the squad by winning two gold and one silver medal during last year's Special Olympics Canada National Winter Games in Alberta. She's the first London athlete headed to the world games since 2009. ANGELA MULLINS/METRO

## Guns, explosives seized

### Drug raids across southern Ontario lead to arrests

Numerous people are facing charges after drug raids in several communities across southern Ontario on Wednesday morning.

The arrests came after an investigation by Waterloo regional and provincial police that focused on the production, distribution and sale of illicit drugs.

Police say 21 search warrants were executed by tactical teams and drug investigators from several forces Wednesday and that drugs, cash, guns, stolen property and explosives were seized. The co-ordinated raids took place in Bruce County, Grey County, Kingston, Toronto, Waterloo Region and Wellington County.

THE CANADIAN PRESS

## Ambassador Bridge

### Ontario boy gets new dog after his pooch fled during U.S. border check

An Ontario boy distraught since the family dog ran off during a U.S. customs check in Detroit is the proud owner of a new pooch.

The Detroit Free Press reports an agent with U.S. Customs and Border Protection delivered the new dog to nine-year-old Joseph Wilcken over the weekend.

The Waterloo, Ont., family's previous dog, Ash, got loose Dec. 21 at the Ambassador Bridge.

A U.S. customs agent ran down the bridge ramp in pursuit of Ash. Joseph's mother, Ana Wilcken, says the new dog, Coco, is the same kind of dog as Ash, a Jack Russell terrier and pug mix. THE ASSOCIATED PRESS

## Location

The proposed methadone clinic at 527 Wellington Rd. South would be across from Parkwood Hospital.



## Flu. Dozens more cases in past week: Health unit



Forty more lab-confirmed flu cases were reported between Jan. 8 and the end of day Monday, the Middlesex-London Health Unit reported.

Of the new cases, 39 are influenza A and one is influenza B. There were 12 hospitalizations among these cases, as well as two deaths. The health unit was also notified about the death in a case confirmed last week, for a total of three deaths newly reported.

But the health unit said the reporting of hospitalizations and deaths might be incomplete due to the large volume of cases to follow up. There were also two new influenza A outbreaks declared in long-term care settings, bringing the total to 32 outbreaks in

facilities this season.

As of Monday, there have been 364 lab-confirmed influenza A cases and three influenza B cases reported in Middlesex-London. There have been 181 hospitalizations and 15 deaths reported among that number.

The flu immunization status of the reported cases was unavailable. Vaccinations are available at the health unit's walk-in clinic at 50 King St. on Monday, Wednesday, and Friday from 9 a.m. to 4 p.m., and also from 9 a.m. to 7 p.m. on the first and third Wednesday of the month.

For more information about where vaccinations are offered, visit healthunit.com.

METRO

## Boler. Weather, teacher trouble hurt local ski hill

With all of the warm weather we've experienced lately, you're more likely thinking about sandy beaches than snowy slopes.

London's Boler Mountain has certainly noticed a drop in business, but it's not entirely because of the recent balmy temperatures.

Believe it or not, the labour dispute between Ontario's public teachers and the province has even affected the bottom line at our local ski hill.

School groups make up a significant portion of Boler's weekday clientele and the non-profit group says it has felt the impact of cancelled field trips and extracurricular activities.

Greg Strauss, part of the management team at Boler Mountain, says it's been feast or famine out on the hills.

### Quoted

**"We really rely on the school trips to help us get through the day."**

Greg Strauss, part of the management team at Boler Mountain

"We had a good strong week of snow-making right over Christmas. The guys worked hard and we opened on Dec. 28, and then had an absolutely fantastic eight or nine days to finish off the school break," he said.

When it comes to lower attendance resulting from the labour dispute between the province and its public teachers, Strauss says it's created a significant dent in their numbers. **AM980/AM980.CA**

# Londonlicious fires up starting Thursday

**Restaurant festival.** 'Blizzard Edition' of food event runs to Feb. 3



**JOHN MATISZ**  
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In the leadup to its Thursday launch, Andy Wilson has been keeping a watchful eye on Londonlicious's website stats.

He likes what he sees.

Wilson, in his first year as organizer of the six-year-old event, says those visiting Londonlicious.ca are doing so for an average of eight minutes.

This tells him people are open to experiencing different restaurants, since they could simply scroll down to their favourite restaurant's deals and leave the site shortly after.

From Thursday to Feb. 3, 37 London restaurants — as well as two in Port Stanley — will be presenting customers with the option of ordering from a secondary menu as part of Londonlicious, where discounted offerings feature three-course meals for \$15 to \$35.

"Londonlicious is really based on the premise of, 'Hey, here's some amazing food. Get out of your kitchen, go out and enjoy a great night out,'" Wilson said.

Dubbed "The Blizzard Edition 2013," this is the first of two Londonlicious events of the year — the other is this summer. Restaurant-goers can take advantage of meal deals from popular local spots such as Italian-themed Abruzzi (119 King St.), Indian-styled Curry's (118 Wellington Rd.), and spice-happy Jambalaya (119 Dundas St.). Roughly 80 per cent of the participating eateries are in the downtown core.

While the average price listed on a Londonlicious menu is \$25, a pair of the more up-



Dancing Greek co-owner Zack Agathos, of London, watches a serving of flaming saganaki do its thing during a Monday photo shoot. Dancing Greek (1345 Huron St.) is currently preparing for Londonlicious. **JOHN MATISZ/METRO**

### For more info

Visit [Londonlicious.ca](http://Londonlicious.ca)

Eatery's Londonlicious combo is going for \$15.

Right in the middle of the pack is Dancing Greek, a family-owned Mediterranean restaurant located in the north end of the city. In its second year as part of Londonlicious, co-owner Zack Agathos has landed on a \$25 price tag.

"The feedback from everyone (in regards to last year) was awesome," Agathos said. "We still have people coming in and talking about it."

Customers love the value-added three-course alternative, especially those who are looking for a reason to make the trek across town, Agathos adds.



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# Obama announces \$500-million strategy to combat gun violence

**Your move, Congress.** U.S. president bracing for blowback from gun owners, lawmakers and lobbyists

President Barack Obama on Wednesday launched the most sweeping effort to curb U.S. gun violence in nearly two decades, announcing a \$500-million package that sets up a fight with Congress over bans on

military-style assault weapons and high-capacity ammunition magazines just a month after a shooting in Connecticut killed 20 school children.

Obama signed 23 executive actions, which require no congressional approval. But the president, speaking at the White House, acknowledged the most sweeping, effective actions must be taken by lawmakers.

"To make a real and lasting difference ... Congress must act soon," Obama said.

The president appealed to the nation's conscience, but his announcement promises to lead to a bitter fight with a powerful pro-gun lobby that has long warned supporters that Obama wanted to take away their guns.

The U.S. has the highest rate of gun ownership in the world, and pro-gun groups see any move on gun restrictions as an offence against the right guaranteed by the Second Amendment of the U.S. Constitution. Critics counter that

the country's founding fathers never could have foreseen assault weapons more than two centuries ago, when guns were intended for the common, not individual, defence (often stored in community areas) and rifles fired one laborious shot at a time.

"This is the land of the free and the home of the brave," Obama said, acknowledging the right to bear arms. "But we've also long realized ... that with rights come responsibilities." **THE ASSOCIATED PRESS**

## President's daughters

### NRA ad is 'cowardly': White House

The White House says a National Rifle Association video that makes reference to President Barack Obama's daughters is "repugnant and cowardly."

The comments referred to an online video from the pro-gun lobby that calls Obama an "elitist hypocrite" for having armed Secret Service agents protect his daughters at school while voicing skepticism about installing armed guards in all schools.

**THE ASSOCIATED PRESS**

## Posing as American

### Gun buyer ordered to leave U.S.

A Canadian man has been sentenced to nearly 16 months in prison for lying in order to buy guns in the U.S.

Federal prosecutors say 35-year-old Jeremy Gertsch, of Oka, Que., was also sentenced Tuesday in U.S. District Court in Bangor, Maine, to three years of probation. Because he had already served his sentence awaiting trial, he was ordered back to Canada and told not to return to the U.S.

**THE ASSOCIATED PRESS**

## Twitter troller

### Celeb harasser put on probation

A Quebecer who used Twitter to harass celebrities including singer Avril Lavigne and Montreal Canadiens forward Max Pacioretty has been put on probation for two years.

Jean-Francois Champagne has also been sentenced to 140 hours of community service.

**THE CANADIAN PRESS**

## Misdiagnoses

### Breast screening apps a bust: Study

Smartphone apps that analyze photos of moles to assess whether they might be potentially deadly melanoma or benign lesions vary widely in accuracy, say researchers, who warn patients against using them for diagnosis.

A study of four such applications found they incorrectly classified at least 30 per cent of melanomas as being of no concern. **THE CANADIAN PRESS**



## Idling on the Ambassador Bridge

Idle No More protesters march toward the Ambassador Bridge in Windsor, Wednesday. About 1,000 demonstrators disrupted traffic to the country's busiest border crossing for several hours. Amid pleas from aboriginal leaders for civility on both sides, peaceful protest appeared to be the order of the day across Canada, but motives varied. Some groups spoke of their own land claims; others decried the federal government's changes to environmental oversight. Still others spoke of the need to honour all First Nations treaties.

GEOFF ROBINS/THE CANADIAN PRESS

## 'Judgement.' Vancouver student's provocative photo sparks discussion

The words are written all the way up the back of the woman's leg. "Matronly" appears at her calf, "proper" at the knee and "whore" at the very top — words meant to reflect how women are often perceived based on the length of their skirt.

The provocative photo, called Judgement, was posted by Rosea Lake, a first-year university student at Capilano University in Vancouver, B.C., on her Tumblr site in early January. In a matter of days the photo went viral, with more than 280,000 people liking and blogging it.

She took the photo as part of a high-school art project last year as a way to reassess her assumptions and preconceptions about how women dress.

"If you see a girl wearing something you see as distasteful, then you automatically discount them as a person and you don't give them the opportunity to really be somebody in your eyes," said Lake, 18. "And that's really shameful."

She says the image is also meant to be a response to rape



Student Rosea Lake's photo, titled Judgement. HANDOUT

culture. Right under the words slut and whore on model Ali Mackenzie's leg are the words "asking for it."

Lake says that living in a "rough neighbourhood," she has often wondered if her outfit will result in her being "sexually harassed or verbally abused."

"These are the things I think about, and I don't think women ... should have to worry about 'Am I going to be raped because of what I am wearing today?'" **TORSTAR NEWS SERVICE**

## DNA. Behaviour of bullying victims linked to genes, study suggests

The episodes of bullying that mar early grade-school years for hundreds of children may be a partial result of the victim's DNA, a new study suggested Wednesday.

The behaviours that most often lead to exclusion and victimization in the classroom or schoolyard have their roots in a student's genes, the study said, arguing that children's genetic makeup has a direct impact on the quality of the

interactions they enjoy with their peers.

The findings were published on the website of the journal Child Development.

Michel Boivin, lead researcher and psychology professor at Université Laval, said a child's genes will often dictate the way they act, which will in turn shape their experiences both in and out of the classroom.

**THE CANADIAN PRESS**



# France needs to borrow our plane a bit longer; could use some cash, too

## Trouble in Mali.

French envoy says money is needed from Canada and others to support fight against Islamist extremists

France is looking for financial backing from Canada and the world to support the international military mission in Mali, says the country's Canadian envoy.

Ambassador Philippe Zeller also said Canada's contribution of a C-17 military transport plane could be extended beyond the initial one-week commitment.

"It's possible that this plane, that came from Trenton to south of France, might be used for some more time," the envoy said Wednesday just after his president, Francois Hollande, spoke to Prime Minister Stephen Harper by telephone.

Harper's office made no mention of extending the



Foreign Affairs Minister John Baird hosted a discussion about the situation in Mali Wednesday in Ottawa. The talks were with, from back right, Philippe Zeller, France's Ambassador to Canada; Traore Ami Diallo, Mali's Ambassador to Canada, and Goran Kouame, Ivory Coast's Ambassador to Canada. ADRIAN WYLD/THE CANADIAN PRESS

C-17 mission in a statement about the telephone call.

Zeller told The Canadian Press that his country is grateful for Canada's contribution of a military transport plane

to the Mali mission, but says money is needed to support the international force, which will eventually be buttressed by 2,500 French troops.

"Of course, it's up to Can-

ada," Zeller said in a wide-ranging interview prior to his meeting Wednesday with Foreign Affairs Minister John Baird and the ambassadors from Mali and the Ivory Coast.

Ivory Coast President Alassane Ouattara is current chair of the Economic Community of West African States, a key regional bloc.

THE CANADIAN PRESS

## On the ground

## Militants try to blend in

French soldiers pressed north in Mali territory occupied by radical Islamists on Wednesday, launching a land assault that was to put them in direct combat with al-Qaida-linked fighters "in one to 72 hours," military officials said.

Their presumed destination was the town of Diabaly, where fleeing residents said Islamist extremists were melting into the population to avoid being targeted by the French.

"They have beards. And they wear boubous (a flowing robe). No one approaches them. Everyone is afraid," said Ibrahim Komnotogo, who was out of town when the militants seized Diabaly over the weekend.

THE ASSOCIATED PRESS

# Americans among hostages taken in revenge for Mali

In what could be the first spillover from France's intervention in Mali, Islamist militants attacked and occupied a natural gas complex in southern Algeria on Wednesday. Two people were killed and dozens of others, including several Americans, were reportedly taken hostage.

A militant group claimed responsibility for the rare attack on one of oil-rich Algeria's energy facilities, saying it came in revenge for the North African nation's support for France's military operation against al-Qaida-linked rebels in neighbouring Mali. The militants said they were holding 41 foreigners from the energy complex, including seven Americans.

The group — called Katibat Moulathamine or the Masked Brigade — phoned a Mauritanian news outlet to say one of its affiliates had carried out the operation at the Ain Amenas gas field, located 1,300 kilometres south of Algiers, the Algerian capital.

BP, together with the Norwegian company Statoil and the Algerian state oil company Sonatrach, operates the gas field. A Japanese company, JGC Corp, provides services for the facility as well.

In Rome, U.S. Defence Secretary Leon Panetta declared that the U.S. "will take all



Mali National Guard soldiers stand at Bamako's airport Wednesday, where French troops are also based. Two people were killed and dozens of others taken hostage in Algeria as an act of revenge against those who support France's military operation in Mali. JEROME DELAV/THE ASSOCIATED PRESS

necessary and proper steps" to deal with the attack in Algeria. He would not detail what such steps might be but condemned the action as "terrorist attack" and likened it to al-Qaida activities in Pakistan, Afghanistan and in the United States on Sept. 11, 2001.

Algeria's top security official, Interior Minister Daho Ould Kabila, said that "security forces have surrounded the area and cornered the terrorists, who are in one wing of the complex's living quarters."

THE ASSOCIATED PRESS

## Number of dead, wounded

Algeria's top security official, Interior Minister Daho Ould Kabila, said that "security forces have surrounded the area and cornered the terrorists."

- He said one Briton and one Algerian were killed in the attack, while a Norwegian and two other Britons were among the six wounded.



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# Cirque du soleil to lay off 400 staff, most at HQ

## Blame the loonie.

Cirque says they had a record year, but no profit due in part to production costs

The strong Canadian dollar, surging production costs and the worldwide economic downturn are all being blamed by Cirque du soleil for its decision to lay off 400 employees.

Most of the layoffs will be at the artistic giant's Montreal headquarters.

Company spokeswoman Renée-Claude Ménard moved to dispel speculation the Cirque is flailing.

"The first thing to say is that the circus is not in crisis," Ménard told a news conference Wednesday. "Let's get that straight."

"We had a record year in terms of tickets sold. We sold more than 14 million tickets this year. We had a record year for total revenue, with more than \$1 billion."

Despite that, Cirque didn't make money, Ménard said.

She said the powerful loonie hit Cirque hard in that its profit is affected by nearly \$3 mil-

lion for each cent the currency gains against the U.S. dollar.

The layoffs will begin by the end of this month and continue until the end of March.

Cirque employs about 5,000 people worldwide, including 2,000 in Montreal.

It still has 19 productions being presented worldwide and is currently working on a new show that will open in May in Las Vegas.

Another touring production that will open in the spring of 2014 in Montreal is also in the works.

Cirque's performances have played to an estimated 15 million people since it was founded by street performer Guy Laliberté in 1984.

It has undertaken several years of unprecedented expansion amid the world economic meltdown in 2008 but has been forced to close four shows in the last couple of years.

Zed, which was playing to solid audiences at Tokyo Disney, ran from 2008 to 2011, when it was retired in the aftermath of an earthquake and tsunami that hit Japan. The popular Saltimbanco, which originally ran from 1992 to 2006, ended last year after a new tour.

Viva Elvis, which got mixed reviews, ran from February



Performers from Cirque du soleil perform onstage during the 84th annual Academy Awards last year in Hollywood. Despite a boom year in revenue, Cirque says it will lay off workers due to a lack of profits. KEVIN WINTER/GETTY IMAGES

2010 in Las Vegas and wound up last August. Zaia, Cirque's first resident show in Asia, ran from 2008 until last year and recorded lacklustre attendance.

A fifth show, Iris, is due to

end its run in Los Angeles on Saturday, though there are reports Cirque plans to take the show on tour.

Cirque's 3D movie is reportedly doing respectable business

internationally. Box Office Mojo reports Cirque du soleil: Worlds Away has made more than \$23 million worldwide since it opened Dec. 21.

THE CANADIAN PRESS

## Employment. Those with disabilities overlooked, panel finds

Many companies struggling to find the right employees are overlooking a talented pool of disabled workers, a government-commissioned panel has found.

The group found that almost 800,000 people with disabilities can work in Canada and almost half of them have post-secondary education.

Previous reports have found that even the disabled who have jobs are often dramatically underemployed.

The panel of private-sector employers was assembled by the federal government last summer and was asked to figure out how to better match job openings with the skills of workers with disabilities.

Their report says that when companies hire people with disabilities, no special accommodation is required in 57 per cent of cases. When arrangements are necessary, the average cost to the company is just \$500.

The panel found a willingness to hire workers with disabilities, but that more education and training is needed. Mental-health disabilities were particularly problematic, because employees have to admit to such disabilities to get special accommodation.

THE CANADIAN PRESS

# Boeing 787s grounded to check safety



Passengers leave All Nippon Airways' Boeing 787 after it made an emergency landing at Takamatsu airport in Japan, Wednesday. KYODO NEWS/THE ASSOCIATED PRESS

The FAA has grounded the Boeing 787 Dreamliner pending a safety check of the plane's lithium batteries.

For the second time in two weeks, a smoking or burning battery has been tied to an emergency aboard a 787.

Before the FAA's announcement Wednesday, almost half of the 787s that have been delivered had been grounded for safety checks. And the latest incident raises the risk that the jet's electrical problems are more dangerous than previously thought.

It's a stunning setback for the Dreamliner, which was supposed to set a new standard for jet travel but has been beset for more than a week by one mishap after another. The two episodes involving batteries appear to be the most worrisome yet.

So far, no one has suggested that the plane's fundamental design can't be fixed. But it's unclear how much will need to be changed. The remedy could range from relatively easy improvements to more extensive changes that could delay deliveries just as Boeing is try-

ing to speed production up.

The 787s are a key part of Air Canada's strategy to grow its capacity and profitability. The Montreal-based carrier plans to transfer Boeing 767 and Airbus A319 planes to a new low-cost airline, Rouge.

On Wednesday, Japan's All Nippon Airways said pilots smelled something burning and received a message warning of battery problems while flying to Tokyo. They made an emergency landing and passengers evacuated using inflatable slides. THE ASSOCIATED PRESS

## Charge it

### Visa OK's RIM's phone-payment technology

BlackBerry users will soon be able to charge purchases at the cash register to their Visa cards using technology implanted in the company's new smartphone models.

Research In Motion said Tuesday that Visa has given the green light for its credit-

card system to work using the smartphone maker's encrypted mobile-payment technology, which securely links BlackBerrys to bank accounts and credit cards.

The announcement makes RIM a prominent player in the growing market for mobile payments.

RIM's technology lets customers use their smartphones like bank cards. They can pay for items by holding it up to a sales terminal. THE CANADIAN PRESS

## Brand Finance

### Banks rank as Canada's most valuable brands

Canadian banks continue to come out on top as the country's most valuable brands while energy and resource companies saw a notable decline in the last year, according to Brand Finance Canada.

The list released Wednes-

day, which analyzed brand performance of Canadian companies, named the Toronto-Dominion Bank as the most valuable brand with a worth of \$10.4 billion.

It credited TD Bank's work to establish itself in the U.S. market for its surge. RBC, Scotiabank, Bank of Montreal and Bell rounded out the top five, growing 19 per cent in value year over year due to growth in international markets.

THE CANADIAN PRESS

## Foreclosure-abuse case

### Goldman, Morgan Stanley to pay \$557M to settle

Goldman Sachs and Morgan Stanley will pay a combined \$557 million US to settle federal complaints that they wrongfully foreclosed on homeowners who should have been allowed to stay in their homes.

The agreements were

similar to deals struck this month with 10 other major banks and mortgage lenders. Combined, the 12 firms will pay more than \$9 billion US.

The settlements could compensate hundreds of thousands of Americans whose homes were seized due to abuses like "robo-signing," when banks automatically foreclosed without proper review. The agreement also eliminates huge potential liabilities for the banks. THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
101.41¢ (-0.21¢)

**TSX**  
12,608.82 (-33.15)

**OIL**  
\$94.24 US (+96¢)

**GOLD**  
\$1,683.20 US (-70¢)

**Natural gas:** \$3.44 US (-2¢)  
**Dow Jones:** 13,511.23 (-23.66)

# GET YOUR FLU SHOT, JACKASS



**HE SAYS...**  
John Mazerolle  
metronews.ca

Flu season might seem like it's almost come and gone, but there's still time to get a flu shot, you big jerk.

Yeah, you heard me.

I'm insulting those of you who

haven't received your flu shots yet — you doofuses or, if you prefer, doofii — because I figure if you haven't been jabbed yet, you're probably not going to get the late-but-still-effective poke due only to the gentle prodding of health-care providers. What you need is someone to needle you.

So get a flu shot, jackass.

And make no mistake: By not getting a flu shot you're being a jackass — a risk-taking, disease-spreading, conspiracy-minded (or maybe just lazy) jackass.

## Take one for the team

**Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.**

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Or maybe you base your health decisions on a YouTube video of a 1993 news report showing that a lone person in Iowa once got sick from a flu shot, which always makes me wonder what you think of, you know, food — what with the choking and the poisoning and the parasites.

Or maybe you're the sort of person who reads this TMZ tweet — "Hugh Jackman (says) flu shots don't work. Center for disease control says otherwise. Which side do you believe?" — and hasn't answered by the time they've read "Jackman."

Or maybe you just haven't gotten a flu shot because you're a sensible person who hasn't gotten around to it. Fine. Then here's why you need to get it:

- **The flu shot helps.** Estimates this year are that it cuts your risk in half. That means I'm 50 per cent less dangerous than you are and 3,000 per cent more intelligent.
- **The flu shot is necessary.** You can't get by just with hand-washing — not in a cruel, unsanitary world where many public bathrooms still have that towel-imitating cloth-thing that dangles down from a dispenser daring you to touch it. Most people just frown at it, their hands dripping, wondering what heinous acts might have been performed on it, only to leave it there, filthy, yet probably touched only 15 times, tops, since it was installed in 1973.
- **The flu shot saves lives.** Thousands — tens of thousands — of people die on average every year in North America because of the flu, and like most illnesses, it's particularly harsh on our most vulnerable, including our humour columnists, who don't get paid if they're too sick to go to work.

So I'm not trying to be holier-than-thou. I'm trying to drive home that I don't want the old, the young and infirm to get sick or worse, because they caught the flu from selfish, crazy you. In other words, I only complain because I care about you, want the best for you and, yes, maybe even love you.

You jackass.

# A storm is a-brewin'



DAIMLER AG/CONTRIBUTED

## Man-made weather

### Artificial tornado fights fires indoors

It's famous worldwide for making robust Mercedes cars, and now German automobile producer Daimler seems adept at making weather. The Mercedes-Benz Museum in Stuttgart houses "the world's strongest artificially generated tornado." The 34.4-metre-high cyclone serves to eliminate smoke in the event of a fire. **METRO**

## Artificial tornadoes

### Energy firm could whip up a storm

Apart from quelling fires, man-made tornadoes could be used in producing energy. Canadian firm AVetec Energy Corporation has developed a four-metre-diameter prototype that is designed to produce a 40-metre-high cyclone. The vortex would capture mechanical energy produced when heat is carried upward by convection in the atmosphere. **METRO**

## Faking it

### Man creates clouds for art's sake

Artificial weather phenomena has also entered the realm of the art world.

Dutch artist Berndnaut Smilde has created miniature clouds using a smoke machine, combined with indoor moisture and dramatic lighting to create an indoor cloud effect.

Smilde has described it as a "cartoon-like visualization of bad luck." **METRO**

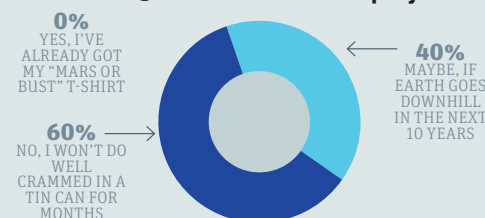


Go on, get your flu shot. JESSICA KOURKOUNIS/GETTY IMAGES



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Will you be applying for a one-way trip to Mars in 2023 with the Mars One project?



## Twitter

@eefaust:

Anyone else in #LdnONT heading to @children\_museum this evening for The Brush Off volunteers meeting?

@vlimaxo:

My socio prof says "excellent" quite a bit & every time he does it reminds me of Mr. Burns #TheSimpsons #NotComplaining #Fan-shawe

@pridelndfest:

Hey All! Don't forget that our 2013 Pride Application is up

[pridelondon.ca](http://pridelondon.ca) and the deadline March 1st, 2013! #ldnont

@novacks:

We are CLOSED today while we prepare for the final stretch. The store's last day is this Sunday! #ldnont

@CedricRichards:

In the 21st century, an at-grade rail crossing exists at Adelaide St. N. And Central Ave. Awesome guise! Amirite #Ldnont



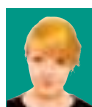


Former Londoner Graham Nicholas celebrates the release of his EP *Ruby, And Other Bedtime Stories*, Saturday at the London Music Club. CONTRIBUTED

# Bedtime Stories brought to you by Graham Nicholas

## Folk tunes.

Ex-Forest City dweller returns to perform songs from his new EP



### BACKSTAGE PASS

Amanda Grant  
london@metronews.ca

"London was the first city that I ever connected with in a serious way," said Graham Nicholas, former local folk musician, now residing in Toronto.

"When you arrive as a student, it is pretty overwhelming.

"But when I discovered this community of people who were creating things

and helping each other out, I started to feel at home."

This Saturday marks a homecoming of sorts for Nicholas, as he returns to London to celebrate the release of his EP, titled *Ruby, and Other Bedtime Stories*.

Nicholas wrote most of the songs on *Ruby, and Other Bedtime Stories* last winter, while he was moving from London to Toronto. He managed to snag some recording time at Toronto's Revolution Studios, where the album was recorded in one day live off the floor.

"We recorded in this big beautiful room with so many more resources than I could possibly need," Nicholas said.

"When they have nothing booked they let their newer engineers do a project for

the day for free and I was lucky enough to take advantage of that."

The five-song EP features vocally driven, narrative songs sung close to a mike.

"These songs are of a specific breed," said Nicholas.

"They are all these really harmony, duet based country songs. I got interested in that dynamic through the work I was doing with Beth Prysnuik, learning how much you could do with as little as possible — the campfire test."

The test, Nicholas said, is that a song should be good enough to stand on its own with just an acoustic guitar sitting around a campfire. It's a goal this collection of songs achieves.

## Around town

• **Spoken word.** Friday, the London Poetry Slam is back at the London Music Club. This month, queer spoken word artist Lisa Slater will be the featured poet, sharing her work that explores identity, body and relationships. Any poet with original work is welcome to sign up at the door to participate in the slam. Tickets are \$5 at the door, which opens at 7:30 p.m.

• **Music.** Also on Friday, acclaimed Canadian punk band F\*cked Up will be in London performing at Call the Office. Friday's show marks one of the band's last in Canada before starting its European tour. Tickets to see F\*cked Up, winners of the Polaris Music Prize in 2009, are \$12 in advance, available online at ticket-scene.ca. The show starts at 10 p.m.

Saturday night, Nicholas will perform at the London Music Club in the cellar lounge.

Tickets are \$7 at the door and copies of the EP will be for sale for \$5. Doors open at 9 p.m.



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# The Silver Lining and Hunger for fame



Actress Jennifer Lawrence is a Golden Globe winner and Oscar nominee. CHRISTOPHER POLK/GETTY IMAGES

**Interview.** Jennifer Lawrence speaks to Metro about adjusting to the limelight and how she has managed to stay grounded

**NED EHRBAR**  
Metro World News

Talking to Golden Globe winner and Oscar nominee Jennifer Lawrence is always a treat, as she's the rare young actress who talks frankly and honestly about whatever she feels like without a hint of media training.

Here are some pearls of wisdom from our latest chat with the Silver Linings Playbook and Hunger Games star.

**On adjusting to stardom**  
I feel so bad for Emma Stone, because she's where I was a few months ago. When it first happens, it's horrible

**Quote**

**"He was the one who told me I can't go to Whole Foods (anymore), and I tested it and he was totally right. The paparazzi, they're like at every Whole Foods, it's insane."**

Jennifer Lawrence  
On what she's learned from Bradley Cooper.

because your entire life flips upside down and the entire planet starts treating you differently, and it's really hard to adjust and get used to, but then you get through it. People told me that it would come in waves, and they were right.

I texted Emma yesterday and I was like, "I'm walking down Rodeo Drive. Nothing!" And she was like, "The audacity!" (laughs). But yeah, there are bad days and there are good days.

**On what she's learned from Bradley Cooper**  
He was the one who told me I can't go to Whole Foods

(anymore), and I tested it and he was totally right. The paparazzi, they're like at every Whole Foods, it's insane. I had to say goodbye to Whole Foods.

It's fine, I can get friends to get my groceries. I dipped my foot in the water and I was like, "You know what, you buy me groceries. I don't want Whole Foods to call the police again."

**On trying to gain weight for Silver Linings Playbook**  
I was supposed to, but I was also dancing two hours a day. I kept trying to explain that to (director) David (O. Russell), because he was like,

"You're not getting fatter." I had a Philly cheesesteak I think every day. They're on every street corner and they're delicious. And then at the end when I finally slowed down the dancing, it was like, "Yeah, I'm looking pretty good, right? Look at this." And then David's like, "Yeah, you're going to be in a tube top."

**On trying to stay grounded**  
I still want the same life that I grew up with. I still want a family, a normal family. I will have to make a couple of adjustments (because of my career).

I'm at peace with myself because I think that maybe not having to deal with years of rejection at such a young age — I think that could definitely be damaging.

I can't imagine letting my young child go through something like that. There were times when I was doing a movie once that was really emotionally hard for me.

**What she wore and where**

**70th Annual Golden Globe Awards**

Christian Dior Couture



**Los Angeles Film Critics Awards**

Valentino Couture



**13th Annual AFI Awards**

Prabal Gurung



**18th Annual Critics' Choice**

Prabal Gurung



ALL PHOTOS GETTY IMAGES

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## Tattoo number two for Bieber in 2013

Justin Bieber's tattoo habit is insatiable. The 18-year-old singer has already gotten his second piece of body art of 2013, a set of Roman numerals across his collarbone, as revealed in an Instagram photo he posted of himself and producer Jamal Rashid, who got the matching digits on his bicep. In a comment on the photo, Rashid claims the numerals, "I X VII V," stand for 1975 and have some spiritual meaning, though Bieber hasn't offered an explanation as to the meaning. In any event, if it's meant to be the year 1975, it should be "MCM-LXXV."



Justin Bieber. ALL IMAGES GETTY



Lindsay Lohan

## Lohan 'caused \$50,000 worth of hotel damages'

Lindsay Lohan reportedly did enough damage to her room at the W Hotel in New York's Union Square last summer that she's no longer welcome in the hotel, according to Us Weekly. "Her suite had so many

cigarette burns, they had to change all the carpets. She did at least \$50,000 worth of damage while partying," a source says. "She is not allowed back at any W hotel in NYC, ever."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Prince Harry named world's most eligible bachelor

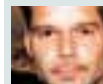
He may be trouble-prone and lack his older brother's line of ascent to the British throne, but Prince Harry still beats out George Clooney to be named Town & Country magazine's Most Eligible Bachelor in the World for 2013. "He's the wild-card royal, the

naughty one, the one who goes out with women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best," the magazine's editors say. "Harry might not possess a towering intellect — he was a lackadaisical student at Eton, and he skipped university to go to Sandhurst, the English equivalent of West Point — but he is cooler and more appealing than his older brother, sweet as William undoubtedly is."

### Twitter



@ElizabethHurley  
Oh Lord, the rain.....



@ricky\_martin  
No matter how badass you are, if a child hands you a plastic phone, you answer it



@ladygaga  
So proud of @justinbieber and all the Beliebers! I'm only happy to see your fans growing in size, you all deserve it! Monsters support you!



@SteveMartinToGo  
I'm tired, yet I still tweet



Elton John and David Furnish.

## Elton John and husband David Furnish celebrate birth of second child

Elton John and David Furnish are parents once again, welcoming their second son, Elijah Joseph Daniel Furnish-John via surrogate late last week in Los Angeles, the singer announced on his website. "Both of us have longed to have children, but the reality that we now have

two sons is almost unbelievable," John and Furnish tell Hello! magazine. "The birth of our second son completes our family in a most precious and perfect way. It is difficult to fully express how we are feeling at this time; we are just overwhelmed with happiness and excitement." The boy's birth comes just one day after John's rep was flatly denying reports that the couple was expecting another child.

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# ANNASOPHIA

In The Carrie Diaries, the television prequel to Sex and the City, AnnaSophia Robb stars as a 16-year-old, pre-Manolo, pre-Big Carrie Bradshaw — in 1984. But unlike the fashion-obsessed icon she plays on screen, Robb has a low-maintenance approach to makeup and clothes.

## STEPPING INTO ONE STYLISH PAIR OF SHOES

ROMINA MCGUINNESS  
life@metronews.ca

### On putting the makeup on ... and taking it off

"I don't really wear makeup anymore. I kind of stopped because when I'm working, I have it on for up to 15 hours a day. So on the weekends or before work, I only put on moisturizer."

### '80s makeup — yay or nay?

"Eighties makeup was just a bunch of colours and crazy

neon. I don't know if I love it. The blush was really strong and bright and if you didn't have the skin tone to pull it off, it was way too heavy. But, if you put a piece of paper on your cheek to create that hard, drastic line, that look can be fun."

### Her beauty mantra

"Look after your eyebrows! I was given an eyebrow brush on a job once that I still use to this day. My friends make fun of me, but I love it. When I was younger my mother taught me how to apply blush. Get it wrong and there'll be way too much colour and you'll just look warm. Using bronzer is best."

### The secret to nailing Carrie's hair: a wig

"I naturally have straight hair, which takes about two hours to curl, so it's faster for me to wear a wig. Carrie wears a lot of updos on the show, so we've been able to use a lot of fun accessories, banana clips and pins."

### If she could raid one SATC closet she'd choose...

"Carrie's. I loved the skirts. She has a wild sense of style."

## He's Daman. Designer takes couture-loving character back in time

Eric Daman worked with Pat Field to dress Carrie Bradshaw for Sex and the City. Now, the costume designer's dressing her again, albeit a teenage, 1980s version, in the prequel The Carrie Diaries. He talks about how he created the wardrobe for her teenage, 1980s life in The Carrie Diaries.

**The wardrobe was such an important part of Sex and the City, it was practically its own character. How much pressure did you feel sourcing the young Carrie's closet for the new show?**

I was actually quite stressed out by the thought of having to take on such an overwhelming task. But I was elated to be able to breathe new life into such an amazing fashion icon. The best part of it for me is being about to relive my coming of age '80s angst, from when I was a teen in the Midwest dreaming of a life in New York City.



You've worked with both

### Carrie's keepsakes

Carrie was known for that name plate necklace and her Manolos. What are some of the key accessories and clothing items you're using on the show right now?

- "A personalized Carrie bag from Mark Cross, a "C" initial pendant from Alex Woo and a black polka dot party dress (an original vintage Scasi from the '80s) that she wears for her first night out in New York."

**Carries — Sarah Jessica Parker and AnnaSophia Robb. How do they differ in their approach to her fashion choices?**

The approaches are very different. We have to remember that this Carrie is a teenager who goes to public school. She will stay true to her idiosyncratic style, not giving in to pre-determined trends but making her own. So in that sense, there's a similarity.

ROMINA MCGUINNESS/METRO



Eric Daman is also known for styling the cast of Gossip Girl. PROVIDED

## Take a peek inside of AnnaSophia's makeup bag

### L'Occitane

Rose 4 Reines velvet hand cream  
"My hands are always so dry. I love this cream."  
\$22,  
loccitane.com



### Pangea Organics

Pyrenees Lavender with Cardamom lip balm  
"My best friend turned me on to this one."  
\$12,  
pangeaorganics.com



### L'Oreal

Mascara and stand brush  
"This one is awesome because you can cover your entire lash without it getting clunky."  
\$22,  
loreal.com



### Lavanila

The Healthy Roller Ball Pure Vanilla  
\$19, lavanila.com  
"I wear lots of different scents. Right now it's Signorina by Salvatore Ferragamo and Covet by Sarah Jessica Parker. But I usually carry roll-on perfume — just in case. My Lavanila stays on and smells holiday-esque."



### Bare Minerals

Original SPF 15 Foundation  
"I don't like wearing makeup on my face. But when I do, I don't want anything heavy so I use powder foundation."  
\$27,  
bareminerals.com



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# Forget the soups and stews, how about some fresh cannelloni?

If you haven't used your slow cooker for baked pasta dishes, you'll find they turn out well due to the slow gentle heat. Use oven-ready cannelloni for this recipe from Best of Bridge Slow Cooker Cookbook. It stands up better to the long, moist cooking than fresh or regular dried pasta.

1. Grease insert of a 3 1/2- to 4-quart slow cooker.

2. In a bowl, whisk together tomato sauce and milk. Spread 250 ml (1 cup) of the sauce mixture in bottom of slow cooker.

3. In another bowl, whisk together salt, nutmeg, pepper, egg, ricotta and Parmesan. Stir in sweet potato and spinach. Using fingers, fill cannelloni shells with ricotta mixture. Place filled shells side by side in slow cooker, making 2 layers if necessary. Pour remaining sauce over shells.

4. Cover and cook on low for about 6 hours or on high for about 3 hours, until bubbling.

## Ingredients

- 750 ml (3 cups) tomato sauce
- 250 ml (1 cup) evaporated milk
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg
- 0.5 ml (1/8 tsp) pepper
- 1 egg, lightly beaten
- 300 ml (1 1/4 cups) ricotta cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- 300 ml (1 1/4 cups) grated peeled sweet potato
- 250 ml (1 cup) packed baby spinach, chopped
- 12 oven-ready cannelloni shells
- 250 ml (1 cup) shredded mozzarella cheese

Sprinkle with mozzarella. Cover and cook on high for about 15 minutes or until mozzarella is melted. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS**

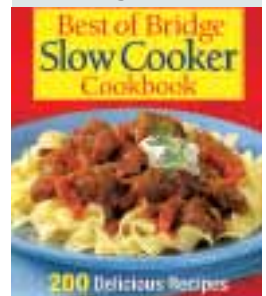
## Sweet Potato Cannelloni



This recipe serves four. THE CANADIAN PRESS H/O

## Cookbook of the Week

### Slow it right down



Sally Vaughan-Johnston and Best of Bridge are back with this collection of recipes specifically for the slow cooker.

Full of dishes that make meal preparation quick and easy, with ingredients that can be found at any local supermarket across North America, this collection features everything from the perfect choice for your next neighbourhood potluck to elegant appetizers, breakfast and brunch ideas to delectable desserts.

The recipes are categorized into: All-Day Breakfast; Nibbles, Dips and Drinks; Soups, Beef and Veal, Pork and Lamb, Chicken and Turkey, Meatless Mains, Sides and Accompaniments and Desserts. **METRO**

# Make the slow cooker do part of the work for this casserole



This recipe serves four. THE CANADIAN PRESS H/O

Your slow cooker can prepare part of a recipe. Here, the appliance is used for polenta, a versatile Italian grain dish made by cooking cornmeal in broth or water, which is then transformed into a hearty vegetarian entree. Start the Vegetable Polenta Casserole meal with a salad.

1. Grease insert of a 3 1/2- to 4-quart slow cooker. Grease a 33-by-23-cm (13-by-9-inch) baking dish.

2. Place cornmeal, salt and pepper in prepared slow cooker. Gradually add boiling water, whisking constantly until blended. Cover and cook on low for 1 1/2 to 3 hours, until liquid is absorbed and cornmeal is tender.

3. Transfer slow cooker insert to a heat-resistant surface. Stir in cream cheese, 175 ml (3/4 cup) mozzarella and 50 ml (1/4 cup) Parmesan. Spread two-thirds of the polenta in prepared baking dish; set aside.

4. Meanwhile, heat oven to 200 C (400 F).

5. In a skillet, heat oil over medium heat. Add onions, red pepper, garlic and mush-

rooms; cook, stirring occasionally, for 5 minutes. Stir in pasta sauce. Spread over polenta in baking dish. Drop remaining polenta by spoonfuls over top. Sprinkle with remaining mozzarella and Parmesan. Bake, uncovered, for about 25 minutes, until heated through and browned.

**BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS**

## Ingredients

- 250 ml (1 cup) cornmeal
- 2 ml (1/2 tsp) salt
- 0.5 ml (1/8 tsp) pepper
- 750 ml (3 cups) boiling water
- 125 g (4 oz) cream cheese, cubed and softened
- 250 ml (1 cup) shredded mozzarella cheese, divided
- 125 ml (1/2 cup) grated Parmesan cheese, divided
- 15 ml (1 tbsp) vegetable oil
- 2 onions, thinly sliced
- 1 red bell pepper, thinly sliced
- 4 cloves garlic, minced
- 750 ml (3 cups) sliced mushrooms
- 500 ml (2 cups) tomato-based pasta sauce

# Turkey Chili. Serve with rice or mashed potatoes



1. In slow cooker stoneware, combine all of ingredients except for the garnishes. Cook on high for 4 to 6 hours or on low for 8 to 10 hours, depending on your schedule.

2. Open lid for last 45 minutes of cooking to thicken, if desired. Mash squash with the back of a wooden spoon for additional thickening.

**THE CANADIAN PRESS/CROCK-POT**

## Ingredients

- 1 onion, carrot and celery stalk, chopped
- 500 ml (2 cups) each of chopped cored apples and diced butternut squash
- 4 cloves garlic, finely chopped
- 500 g (1 lb) ground turkey, cooked
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) ground cumin
- 5 ml (1 tsp) dried oregano

- 1 ml (1/4 tsp) each salt and freshly ground pepper
- 1 can (284 ml/10 oz) undiluted chicken broth
- 1 can (400 ml) light coconut milk
- 30 ml (2 tbsp) tomato paste
- 250 ml (1 cup) canned black beans, drained and rinsed
- Coconut flakes and cilantro, for garnish





You don't need to rebuild your house from scratch — but winter is the perfect season for DIY projects. ISTOCK IMAGES

# New year's resolution: make time to DIY

## Your dream home.

With a small budget and minimal time, you can give every area in your home a face-lift

With cold weather in full swing, most of us spend our time indoors. So why not take that time to spruce up your living quarters so that they become a special retreat where you feel comfortable and cosy?

The littlest things can go the longest way in your home.

### For Your Kitchen

The kitchen island is a popular element that won't be removed anytime soon from room designs.

To give your kitchen a makeover, consider changing the colour of your island by staining or painting it. A fun pop of colour or a classic neutral can change the whole look of the space for an instant update.

An easy way to make

your kitchen more functional is to create a magnetic board for empty wall space.

Along with magnetic accessories, this can become a handy place to store everyday items, hang important notes or even reference recipes.

### For Your House

An easy way to add instant, personalized decor to your home is to fill glass bowls or canisters with your favourite things.

They can then be displayed simply on coffee tables, bookshelves or anywhere that needs a touch of life.

Fill them with food like nuts, wrapped chocolates or fruit — or even with more personal items such as souvenirs from a recent trip.

Another simple way to add colour and life to your home is by taking advantage of simple frames.

Use leftover pieces of fabric or wallpaper in frames with basic white mats and you have an instant way to

incorporate colour or pattern into a room.

### For Your Yard

Just because your yard will be imminently covered in snow doesn't mean you can't think about the sunny days ahead! Use this indoor time to create a landscape plan for when the ground thaws.

Fill the area with consistent blooms throughout the year for a real retreat in your backyard.

If gardening isn't your interest, consider patio planning. Think through the perfect patio design for your backyard before implementing it during the warmer months.

Be sure to consider purpose, location, size and of course any fun extras and accessories that you want to include!

**FOR EVEN MORE INSPIRATION AND TO SEE DREAM HOUSES BUILT FROM START TO FINISH, CATCH THE BRAND NEW SERIES RAISING HOUSE MONDAYS AT 9PM ET/PT ON DIY NETWORK CANADA.**

# This year's evil green decor trend



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

Each new year the decor industry picks a single colour trend that will influence the home furnishings and fashion market.

Last year, the colour was called tango tangerine, a bright, pinkish-orange that was upbeat, fun and optimistic. We saw orange peek into some home decor accessories and used a lot in fashion over the last year.

This year, the new colour is emerald green. It's certainly an easier colour to incorporate into home decor than tango tangerine. This green is a throw-back to the glamorous '80s; when the dark jewel-toned colours reigned for that very short time.

Although green is a popular colour to decorate with, any deep colours other than neutrals are almost impossible to incorporate into our existing schemes. If emerald green is a colour you have always loved, then this is your year. For the rest, I say do

not get caught up in the hoopla-ha of it all. In about 300 days there will be a new colour introduced and perhaps that one will be more fitting to your decor style. If you want to give it a try, here's a few ways to incorporate the colour into your decor scheme.

### Use it as the single colour in the room (mixed with an all-over neutral)

Pay homage to this year's trendiest colour by singling it out as the only colour in a room. An all-grey or beige room will come to life with bold uses of this rich green colour.

### Go big and make everything emerald green

From carpet, paint colour and upholstery, choose variations of emerald green to create a jewel box of colour in a dining or guest room.

### Use it as a little spark of colour

Not sure about emerald green? Perhaps a tiny investment of this colour will make you feel on-trend without committing to it for life. A small stone catch-all box, vase or a silk pillow might just do the trick.



Vibrant green walls look great when punctuated with fresh white or dramatic black. Emerald Isle from Benjamin Moore Paint



Emerald upholstery is a commitment best left to disposable slipcovers.  
Photo: Supplied

## Ottoman Yama Patchwork Rug, \$15/square foot

Emerald green works itself better into a room when mixed with other tones of similar colours.  
eCarpetGallery.com



## Siirtolapuutarha Cushion, \$59

A dash of green is the best way to implement this year's colour into your existing decor scheme. EQ3.com





Knights freshman Kyle Platzer is making the best of his limited role on a deep team, tallying 18 points in 43 games so far as the fourth-line centre. JOHN MATISZ/METRO

## Smart Knights rookie having stellar season

**OHL.** Fourth-line centre Platzer letting his game do the talking in London



**JOHN MATISZ**  
john.matisz@metronews.ca

He may not be in Halifax — surrounded by media and scouts at the CHL top-prospects game like fellow London Knights Max Domi, Bo Horvat and Nikita Zadorov — but Kyle Platzer is slowly making a name for himself.

In the immortal words of Dwayne Johnson, best known for his pro wrestling career as The Rock, Platzer knows his

role and shuts his mouth.

After spending last season tearing up the Ontario junior B circuit as a member of the Waterloo Siskins, and winning rookie-of-the-year honours in the process, the five-foot-11, 184-pounder is now a key foot soldier for the Knights.

The 17-year-old will surely launch up the pecking order in time.

"He has strong hockey sense," said London assistant coach Dylan Hunter. "He really knows how to read the game. Next year, he'll be a much more integral part (of the team). He'll be getting power-play time."

Platzer has registered four goals and 14 assists to lead all London rookies with a solid 18 points. While his wingers have

### By the numbers

## T-19th

Kyle Platzer is tied for 19th on the OHL's rookie-scoring list.

changed on a regular basis, Platzer has stayed put in his opening-night spot as the club's trusty fourth-line centre, with one notable exception.

He moved back to the blue-line when the Knights lost three defencemen to the world juniors. During that time, the no-fuss rookie performed his duties quietly — a good thing for an inexperienced rearguard. As a defenceman, Platzer was assessed just two penalty min-

utes.

"He doesn't get caught out of position very much, so those hooking and interference calls don't really come," Hunter said of Platzer's ability to avoid the box.

Question the Waterloo native about his grand total — a whopping four penalty minutes in 43 games — and he doesn't see it as a complete positive. Although he would never want to burden his teammates by taking dumb penalties, the pair of minors has the potential to stick out like a sore thumb to some onlookers.

"If I'm going to get drafted, I need to show I can stick up for my team — stuff like that," Platzer said. "I think I need to be more involved physically."

### MLB

## Oliver returning to Jays bullpen

Toronto Blue Jays reliever Darren Oliver will return this year for his 20th season in the major leagues.

The team announced Wednesday that it has exercised his \$3-million US option for the 2013 season.

Oliver, 42, posted a 2.06 earned-run average with the Blue Jays last season, his first in Toronto.

Also Wednesday, pitcher Alan Farin, currently on the roster of Single-A Dunedin Blue Jays, was suspended 50 games following a second positive test under baseball's minor-league drug program. **THE CANADIAN PRESS**



Reliever Darren Oliver re-signed with the Blue Jays on Wednesday. GETTY IMAGES FILE

### CFL

## Trestman leaves Alouettes for NFL gig in Windy City

The Chicago Bears hired coach Marc Trestman away from the Montreal Alouettes on Wednesday to replace the fired Lovie Smith and gave him two basic tasks — fix the offence and lead the team to the playoffs.

It's the first NFL head-coaching job for Trestman, a longtime assistant in the league who spent five seasons coaching the Als, leading them to a 59-31 record and two Grey Cup wins. **THE ASSOCIATED PRESS**

## NHL. Malkin adjusting quickly after stint in Russia

While the rest of his Pittsburgh Penguins teammates got taped up before practice on Tuesday, Evgeni Malkin ducked off to the side and picked up a couple of personal items that'd been waiting for him during his working vacation in his native Russia.

You know, just the Hart Trophy. Oh, and the Art Ross Trophy for leading the league in scoring, too.

Despite being jet-lagged, he practised for nearly three hours on Monday and appeared to be just fine on Tuesday.

"I'm ready," he said. "I'm in good shape. I'm ready to play (the season opener in) Philadelphia. The first game we've got



Evgeni Malkin during Penguins practice in Pittsburgh on Monday. THE ASSOCIATED PRESS

to start hard with lots of hits. I have no injuries, nothing is sore." **THE ASSOCIATED PRESS**

### NHL

## Zajac signs 8-year deal with Devils

The New Jersey Devils have signed centre Travis Zajac to a long-term contract.

Devils president and general manager Lou Lamoriello announced the deal on Wednesday, shortly after Zajac scored a goal in a scrimmage against Albany of the AHL. The deal runs eight years, and pays Zajac, who should be the No. 1 centre this season, \$46 million.

Lamoriello said the two sides had started to work on the new contract before the NHL lockout began in September.

**THE ASSOCIATED PRESS**

## NHL. Iginla returns, thinks he'll be ready for opener

Jarome Iginla practised at Flames training camp for the first time this season Wednesday. The captain believes he'll be ready to play in Sunday's season-opener against the San Jose Sharks.

The 35-year-old right-winger missed the first three days of training camp because of a groin injury.

"Thankfully I felt really good out there today," Iginla said following practice. "I didn't feel it and it felt way better than last week. Last week, it didn't feel very good at all."

"It was a good pace out there as a group and a good amount of volume."

### Quoted



"Hopefully it's an issue that will never come up again."

Flames captain Jarome Iginla, who skated for the first time Wednesday after sitting out the first three days of training camp with a groin injury.

The Flames were on the ice for two hours of drills and scrimmages Wednesday in front of about 400 people at Scotiabank Saddledome.

**THE CANADIAN PRESS**





## Horoscopes

### Aries

**March 21 - April 20**

Career-wise this is a great day to start something new. If you have been thinking about changing job or vocation, what happens over the next 24 hours could make up your mind. Then all you have to do is act.

### Taurus

**April 21 - May 21**

You are very much flavour of the month at the moment but it won't last forever, so make sure you take advantage of other people's good feelings towards you. This is also an excellent time to socialize.

### Gemini

**May 22 - June 21**

If you find yourself in a favourable position today, you must make good use of it. Don't miss out on a wonderful opportunity because you think it would be wrong to do well for yourself while others are struggling.

### Cancer

**June 22 - July 23**

If someone says something critical about you today, don't automatically assume they are trying to put you down. More likely, they are trying to make you aware of the mistakes you've been making. Listen and learn.

### Leo

**July 24 - Aug. 23**

In both your personal life and in your work, you are about to reap the rewards for past labours. All that is required of you is to sit back and enjoy the good things heading your way. You can do that.

### Virgo

**Aug. 24 - Sept. 23**

Cosmic activity in your fellow Earth sign of Capricorn has been good for you lately. Today's Venus-Pluto union will bring out the passionate side of your nature, which will be good for those you love!

### Libra

**Sept. 24 - Oct. 23**

You will find it easy to show affection today. You don't need to go over the top but you do need to let partners and relatives know how much you love them and how much you appreciate their efforts.

### Scorpio

**Oct. 24 - Nov. 22**

With Venus, planet of romance, linked to your ruler Pluto in one of the more outgoing areas of your chart, you won't be shy about showing your affection today. When Scorpios love, they love without limits.

### Sagittarius

**Nov. 23 - Dec. 21**

Ignore those who say you should be pushing yourself harder because they do not know what they are talking about. If everything comes so easily to you, why should you make it difficult? Life is there to be enjoyed.

### Capricorn

**Dec. 22 - Jan. 20**

You will be even more intense than usual today. Pluto in your sign will make you more passionate and help you to move mountains through sheer force of personality. Be a catalyst for change.

### Aquarius

**Jan. 21 - Feb. 19**

There is so much in your life you have to be thankful for, yet still you are focusing on things that went wrong. Get over it. When the Sun enters your sign at the weekend you must be ready to move on.

### Pisces

**Feb. 20 - March 20**

Cosmic activity in the area of your chart that governs friendships and group activities means you will attract people who share your desire to improve things. Together you can change the world for the better. **SALLY BROMPTON**

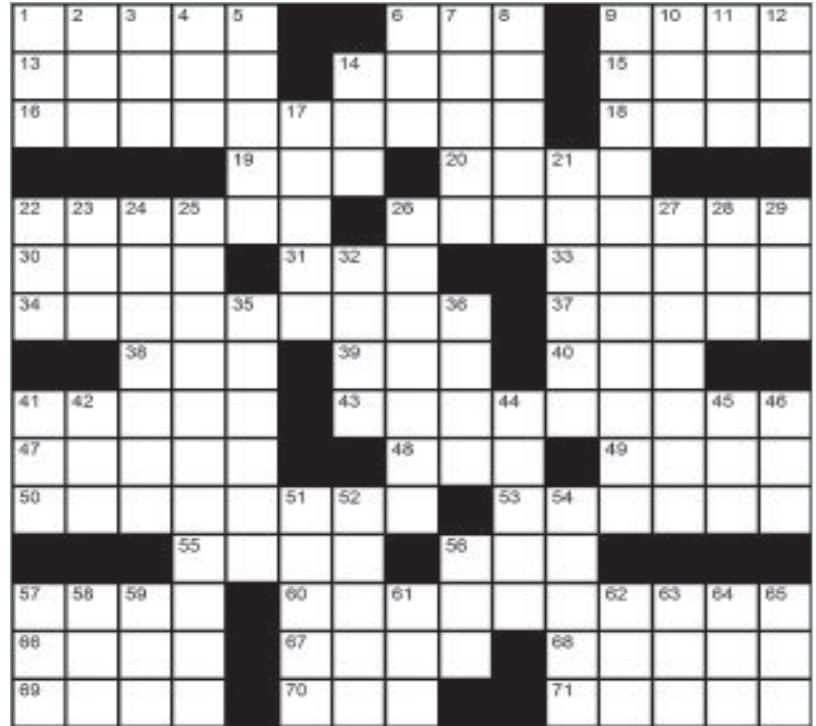
## Crossword: Canada Across & Down

### Across

- Island of wild horses in Canada
- Michael Jackson song
- Maritime folk tune: "Song for the \_\_\_"
- Nature photographer Mr. Adams
- 'Star Wars' universe knight
- Actress, \_\_\_ Rachel Wood
- New "American Idol" judge: 2 wds.
- Cozy corners
- Deryck Whibley's band, \_\_\_ 41
- "Me neither.": 2 wds.
- Blessings
- Accessorized like The Penguin
- School subj.
- Bird of Australia
- Celebrity chef Ms. De Laurentiis
- Saskatoon band, The \_\_\_
- Feminizing suffixes
- Director Spike
- Game-on-the-green org.
- Teacher's pen
- Loud
- Eminem alias: 2 wds.
- Armada
- 'Client' completer
- Halo
- Scanned-at-checkout things: 2 wds.
- Is allowed: 2 wds.
- McGill, e.g.
- Launch site
- House entrance
- Victoria-born actress Meghan Ory's fairytale "Once Upon a Time" role, with Red: 2 wds.
- Lucy \_\_\_ Montgomery
- Donated
- Halle Berry's Canadian ex, Gabriel \_\_\_
- Middles, mini-ly
- Finish
- Ms. Witherspoon

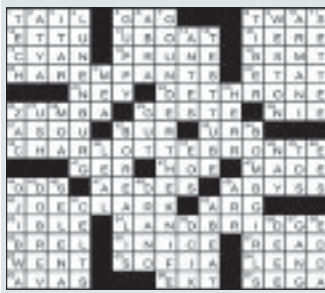
### Down

- \_\_\_ Andreas Fault
- Tropical cuckoo bird
- Graduate's degree, e.g.
- Currency in Albania
- Beethoven's title lady
- Mr. Mulroney
- A Bell for \_\_\_ (John Hersey Pulitzer-winning novel)
- Mustard variety
- Alberta city: 2 wds.
- "\_\_\_ had it!"
- Sprinted
- 'A' of Q&A, for short
- Mr. Carrey
- Pondered
- Canadian communications company
- Baseball execs



- Cheerleader's cheer!
- Designer's studio
- Poutine pieces: 2 wds.
- J.K. Rowling's non-magical folks
- Some horse-drawn carriages
- Dutch city
- "\_\_\_ Boot" (1981)
- Cleans the floors
- Quarterback Mr. Manning
- Go on a yacht
- Canadian cinematic org.
- 'Motor' suffix
- Actress Ms. Fox
- "\_\_\_ & the Women" (2000)
- Former-NBAer, \_\_\_ Ming
- Mournful melody
- Mineral water brand
- \_\_\_ Allan Poe
- Dessert choice
- Rap legends, Run-\_\_\_
- Porridge particle
- \_\_\_ Lady Peace
- Home theatre item
- Shade
- UK award since 1917
- Alternatives
- Nice 'n Easy product

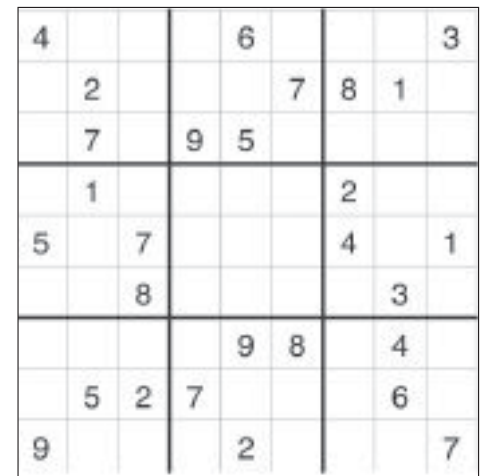
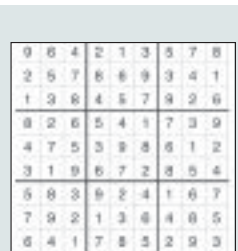
## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



# NEED A RIDE?

Read metrodrive every Wednesday.





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SKATE**

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JANUARY 19TH 3-5PM**

We're just as excited about hockey as you are London; so much so we're throwing a party!!! Saturday January 19th, join us from 3-5pm at Budweiser Gardens for our Celebrate Hockey Bash. There will be a **FREE** family Skate, door prizes and more!

Participants will enter through Gate 4 and everyone under 16 years of age is **REQUIRED** to wear a hockey helmet.

Its the "Lets Celebrate Hockey Together" brought to you by Oxford Learning Centre, Metro and 98.1 Free FM!

